





UCI from Page1

Col. Dave Scott, 354th Fighter Wing commander, reminds the wing’s UCI Self-Inspection monitors that UCI preparation is second only to our war fighting mission, “Build something that will last; a legacy,” he encouraged. He also advises units to use a “building block approach.”

The wing’s plans/programs and inspections office, XP, has created a plan for success that relies on this approach.

“We have orchestrated a game plan that, if carefully followed and supported by unit commanders, will prepare the wing’s units and programs for success,” said Maj. Todd Craigie, UCI task force lead. “Efficient and effective execution of each element of this game plan will prepare the fighter wing for UCI week in September.”

Each unit can began preparing for the UCI by starting small, he said. Ensure personnel/unit/programs, training, records and physical fitness standards are where they should be.

Additionally, supervisors and commanders should hold their work center’s feet to the fire. Update instructions and plans, and make sure every Iceman is aware of any policy changes.

“This is a total Iceman Team effort and our success relies on buy-in and action from every assigned military and civilian member,” Maj. Craigie said.

A small team of 354th FW personnel observed Elmendorf’s UCI Feb. 13-17. Based on their observations, PACAF inspectors tended to stick to a basic set of questions which Maj. Craigie refers to as the “BIG 10.”

Survival from Page1

when the temperatures drop is extreme.

“Students will share a hut and train closer by the fre instead of out in the woods,” said Tech. Sgt. Kristine Denmet, the school’s supply NCO.

Students also have to keep themselves supplied with water at all times, which Sergeant Dennet said is not required during warmer temperatures.

“As it gets colder students are reminded to keep hydrated and we ask that they drink more water because

they get dehydrated faster,” she explained.

Even with adjustments made for extreme weather conditions, students still learn to implement every survival skill, although they may not be as willing to implement their skills. “How do I put this politely?” Master Sergeant Blanchard said with a laugh, “They’re like moths to the light,” referring to the way students would rather huddle around the fire than sharpen their

survival acumen.

Lieutenant Yarnell agreed that the fre is the warmest place to be, but he said when he was away from the fre, keeping active helped him stay warm.

However, the students also know they have to keep from working too hard.

“We have a saying, to sweat in the Arctic is to die in the Arctic,” Lieutenant Yarnell said.

1. “Do you have a prepared briefing (PowerPoint or tabletop) to present to me?”
2. “Show me your continuity book.”
3. “Show me your appointment letters.”
4. “Show me your meeting minutes/training plans/ etc. for the past couple of years.”
5. “What is the process to keep leadership informed about the status of your program?”
6. “What were your program’s findings from the last UCI (and have you fixed them)?”
7. “When was your last SAV, who conducted it and show me the report?”
8. “Do you have Air Force/PACAF and local applicable website(s) bookmarked?”
9. “Do you have hard copies of all applicable AFIs, PACAFIs and local instructions?”
10. “Show me your Mission Performance Checklist (and/or other applicable checklists).”

“If there were glitches in any of the BIG 10, the inspectors took a much more in-depth look,” said Maj. Craigie. “If the answers to these basic questions were well rehearsed and presented in an orderly manner, the inspectors usually didn’t have many additional questions.

The Arctic Sentry will be publishing weekly UCI tips. If you have a question that you would like answered regarding the UCI, please e-mail 354fw.xp@eielson.af.mil and XP will include the response in the next Arctic Sentry issue.

General UCI preparation information can also be found at: <https://intranet.eielson.af.mil/orgs/Wing/Plans%20&%20Programs/index.htm>. For more information, call the 354th FW/XP office at 377-1322.

AFAF from Page1

– The Air Force Aid Society, which provides Airmen and their families with worldwide emergency financial assistance, education assistance and an array of base level community-enhancement programs. Base family support centers have full details on programs and eligibility requirements. Information is also available online at <http://www.afas.org/>.

– The Air Force Enlisted Village Indigent Widow’s Fund in Fort Walton Beach, Fla., near Eglin Air Force Base which provides rent subsidy and other support to indigent widows and widowers of retired enlisted people 55 and older. More information is available at <http://www.afenlistedwidows.org>.

– The Air Force Village Indigent Widow’s Fund in San Antonio, a life-care community for retired officers, spouses,

widows or widowers and family members. The Air Force Village Web site is <http://www.airforcevillages.com>.

– The General and Mrs. Curtis E. LeMay Foundation, which provides rent and financial assistance to indigent widows and widowers of officers and enlisted people in their own homes and communities. The LeMay Foundation Web site is <http://www.lemayfoundation.org/>.

Contributions to the AFAF are tax deductible. For more information, visit <http://afassistancefund.org> or the Air Force Personnel Center’s Voting and Fundraising Web site at <http://www.afpc.randolph.af.mil/votefund>.

For more information, call Eielson’s AFAF project officers Capt. Matthew Glynn at 377-6608 or Master Sgt. Don Fenton at 377-1136.

DEPLOYMENT CORNER



Eielson Icemen and other Airmen deployed to Bagram, AB joined efforts to help the Adopt-A-Village program by sorting and distributing clothing and other items to local nationals in a village outside of Bagram. The Adopt-A-Village program gives Airmen a chance to travel outside the gate and share some goodwill with the people of Afghanistan.

How private health insurance benefits, affects people, clinic

by Tech. Sgt. William Farrow  
354th Fighter Wing Public Affairs

People with civilian health care insurance coverage who receive health-care at Eielson’s clinic must take part in a federally mandated program that allows medical treatment facilities to recover money from private health insurers for care provided to the insured patients.

The 354th Medical Group is required by law to bill private health insurance companies, such as Blue Cross/Blue Shield, Mail Handlers, Aetna or any other civilian health insurance provider, under the Third Party Collection (TPC) program.

The money recovered from third party payers goes directly back into the Eielson clinic’s operating budget explained Tech. Sgt. Anthony Schafnitz, 354th Medical Support Squadron, 354th MDG resource management office NCO in charge.

“We are able to purchase new, updated medical equipment, (pay for) facility enhancements and provide additional staff training,” he said.

Sergeant Schafnitz said funding from the TPC program last year allowed for the purchase of more than \$85,000 in medical equipment and facility renovations including vital-sign monitors, waiting room furniture and new carpet.

Sergeant Schafnitz said the program

can also benefit customers by helping them meet their deductibles without any out-of-pocket expense. For example, he said if a patient has a \$300 deductible, any visits to the Eielson Primary Care Clinic will help cover their deductible.

“You will not be billed for any costs that we cannot collect under your insurance plan and your rates will not increase,” he said. “There is no change to your routine we are asking you to make. Just keep the clinic informed if there is any change to your current policy with each visit. We will then bill your insurance company directly,” he said.

According to Maj. Neal Jennings, 354th MDG resource management office flight commander, when the 354th MDG bills an insurance carrier, the patient receives a written Explanation of Benefits (EOB) from their insurance company. The form explains how much was paid to the clinic and what deductibles or co-payments were subtracted from the claim they filed.

“This is not a bill,” Major Jennings said. “It is merely an explanation for your personal records and you are not responsible for co-payments or deductibles not paid to us by your insurance company, even if they appear on your Explanation of Benefits form,” Major Jennings said.

For more information, call the clinic’s resource management office at 377-6503 or 377-6579.

Names 2 Note

**Congratulations to the 354th Security Forces Squadron for receiving the Pacific Air Forces Outstanding SF Medium Unit Award for 2005.**

**DGR was the 2005-2006 Base League Champions for Intramural Basketball.They were coached by Jason Wilson.**

NCO Graduates

*The following technical sergeants recently graduated from the NCO Academy at Elmendorf.*

John L. Levitow Award

Matthew Armour  
354th MXS

Distinguished Graduate

Christopher Wellman  
354th MXS

Brian Heidt  
353rd CTS

Charles Puffer  
354th LRS

Tech. Sgt. Randall Spurling  
354th AMXS

Christopher Weber  
354th MOS

Tech. Sgt. Scott Lutz  
354th AMXS

Cherie Kilpatrick  
354th MOS

Elizabeth Molloy  
354th CES

Martin Cooper  
354th MXS

Stephanie Levy  
354th CES

Jamie Kurzenberger  
354th MXS

Jeanguy Fleury  
354th CES

Brian Reynolds  
354th MXS

Carlton Fay  
354th LRS

Erik Pitts

Air Force Virtual Education Center

Surf to [www.my.af.mil](http://www.my.af.mil) to access the Air Force

Honor your parents

Go to [www.yourguardiansoffreedom.com](http://www.yourguardiansoffreedom.com) and request Air Force parent pins to thank their parents for their support.

DWI CLOCK

Maintained by the 354th Fighter Wing

Iceman Team goal is 60 days without a DWI.

**Days without a DWI:**  
**13**

Need a free ride home?  
**377-RIDE**

**Days until goal:**  
**47**

Airmen Against Drunk Driving volunteers gave **17** rides last weekend and have ‘saved’ **4,639** lives to date.

Icemen should remember the following three prong approach:

HAVE A PLAN;

STICK TO THE PLAN, if the plan fails  
USE YOUR SAFETY NET.

Klondike Cab, at 457-RIDE (7433) offers Icemen discounted rides back to base. AADD, at 377-RIDE offers free rides 10 p.m. to 4 a.m. Friday and Saturday nights.

Arctic Sentry

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Best Metro Format Newspaper in PACAF 2003 & 2004

Editorial staff

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*Commander, 354th Fighter Wing*

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*Chief, Public Affairs*

**Tech. Sgt. William Farrow**  
*NCOIC, Public Affairs*

**Airman 1st Class Justin Weaver**  
*Editor*



—COMMANDER’S—  
CORNER

Commander’s  
Hotline  
377-6100

The Hotline is your opportunity to get your issues and comments directly to me so I can address them.

Before you call the hotline, however, I strongly encourage you to give the unit involved, your first sergeant or commander a shot at resolving the issue. The Iceman Team takes care of its own, but you should give these people the chance to help. Please leave the names and organizations of the people you’ve contacted who have been unable to satisfy your concern, and I will look into the problem.

Your confidentiality will be respected at all times. Thank you!

Col. Dave Scott 354th Fighter Wing commander	
AAFES	372-2139
CE customer service	377-2100
Chaplain	377-2130
Dining facility	377-2536
Family support center	377-2178
Finance	377-1851
Fraud, waste & abuse	377-2109
Housing management	377-2244
Inspector general	377-2109
Military personnel flight	377-2276
Legal	377-4114
Public affairs	377-2116
Services	377-2857
TRICARE	377-5235

Newspaper  
deadlines

ARCTIC SENTRY deadlines are close of business Friday prior to the following Friday’s publication. E-mail submissions to [editor@eielson.af.mil](mailto:editor@eielson.af.mil).

Story ideas?

THE ARCTIC SENTRY staff seeks to provide its customers with informative stories about the Iceman Team. E-mail story ideas to: [editor@eielson.af.mil](mailto:editor@eielson.af.mil).

Beware of cellular phone vulnerability

by Robert Cologie  
354th Fighter Wing Plans and Programs Chief,  
War Plans and Combat Force Integration

Iceman Team Members beware. Cell phones (as well as other wireless devices), while providing convenient instant communication, pose serious and operational security risks.

A cellular telephone has three major vulnerabilities that put the user at jeopardy:

1. Vulnerability to monitoring of your conversations while using the phone.
2. Vulnerability of your phone being turned into a microphone to monitor conversations in the vicinity of your phone while the phone is inactive.
3. Vulnerability to “cloning,” or the use of your phone number by others to make calls that are charged to your account.

Before discussing the vulnerabilities, a brief explanation is necessary on how cellular phones function.

Cell phones send radio frequency transmissions through the air on two distinct channels, one for voice communications and the other for control signals. When a cellular telephone is first turned on, it emits a control signal that identifies itself to a cell site by broadcasting its mobile identification number (MIN) and electronic serial number (ESN), commonly known as the “pair.”

When the cell site receives the pair signal, it determines if the requester is a legitimate registered user by comparing the requestor’s pair to a cellular subscriber list. Once the cellular telephone’s pair has been recognized, the cell site emits a control signal to permit the subscriber to place calls at will. This process, known as anonymous registration, is carried out each time the telephone is turned on or picked up by a new cell site.

**Vulnerability to monitoring**

All cellular telephones are basically radio transceivers. Your voice is transmitted through the air on radio waves. Radio waves are not directional - they disperse in all directions so that anyone with the right kind of radio receiver can listen in. Although the law provides penalties for the interception of cellular telephone calls, it is easily accomplished and impossible to detect. Radio hobbyists have web sites where they exchange cell phone numbers of “interesting” targets. Opportunistic hobbyists sometimes sell their best “finds.” Criminal syndicates in several major U.S. metropolitan areas maintain extensive cell phone monitoring operations. It should be noted foreign intelligence services also rely on cell phone vulnerabilities to gather information on personnel and installations of interest.

An eavesdropper can easily determine a target’s cellular phone number, because transmissions are going back and forth to



“It should be noted, foreign intelligence services also rely on cell phone vulnerabilities to gather information on personnel and installations of interest.”

by Robert Cologie  
354th Fighter Wing Plans and Programs, Chief, War  
Plans and Combat Force Integration

the cellular site whenever the cell phone has battery power and is able to receive a call. For a car phone, this generally happens as soon as the ignition is turned on. Therefore, the eavesdropper simply waits for the target to leave his or her home or office and start the car. The initial transmission to the cellular site to register the active system is picked up immediately by the scanner, and the number can be entered automatically into a file of numbers for continuous monitoring.

**Vulnerability to being used as a microphone**

A cellular telephone can be turned into a microphone and transmitter for the purpose of listening to conversations in the vicinity of the phone. This is done by transmitting to the cell phone a maintenance command on the control channel. This command places the cellular telephone in the “diagnostic mode.” When this is done, conversations in the immediate area of the telephone can be monitored over the voice channel. The user doesn’t know the telephone is in the diagnostic mode and transmitting all nearby sounds until he or she tries to place a call. Then, before the cellular telephone can be used to place calls, the unit has to be cycled off and then back on again. This threat is the reason why cellular telephones are prohibited in areas where classified or sensitive discussions are held.

**Vulnerability to cloning**

Cellular telephone thieves don’t steal cellular telephones in the usual sense of breaking into a car and taking the telephone hardware. Instead, they monitor the radio frequency spectrum and steal the cell phone pair as it is being anonymously registered with a cell site.

Cloning is the process whereby a thief intercepts the electronic serial number (ESN) and mobile identification number (MIN) and programs those numbers into another telephone to make it identical to yours. Once cloned, the thief can place calls on the reprogrammed telephone as though he were the legitimate subscriber. In one case, more than 1,500 telephone calls were placed in a single day by cellular phone thieves using the number of a single unsuspecting owner.

Cloning occurs most frequently in areas

of high cell phone usage - valet parking lots, airports, shopping malls, concert halls, sports stadiums and high-congestion traffic areas in metropolitan cities. No one is immune to cloning, but you can take steps to reduce the likelihood of being the next victim.

**Cellular phone security measures**

The best defense against these three major vulnerabilities of cell phones is very simple – Don’t use a cell phone. If you must use a cell phone, you can reduce the risk by following these few guidelines:

Because a cellular phone can be turned into a microphone without your knowledge, do not carry a cellular phone into any classified area or other area where sensitive discussions are held.

Turn your cellular telephone on only when you need to place a call. Turn it off after placing the call.

Do not discuss sensitive information on a cellular phone. When you call someone from your cell phone, consider advising them you are calling from a cell phone that is vulnerable to monitoring, and that you will be speaking generally and not get into sensitive matters.

Do not leave your cellular telephone unattended. If your cell phone is vehicle-mounted, turn it off before permitting valet parking attendants to park the car, even if the telephone automatically locks when the car’s ignition is turned off.

Avoid using your cellular telephone within several miles of the airport, stadium, mall or other heavy traffic locations. These are areas where radio hobbyists use scanners for random monitoring. If they come across an interesting conversation, your number may be marked for regular selective monitoring.

If your cellular service company offers personal identification numbers (PIN), consider using one. Although cellular PIN services are cumbersome and require that you input your PIN for every call, they are an effective means of thwarting cloning.

For more information, contact 1st Lt. Kurt Chastain, 354th Fighter Wing OPSEC Program Manager, at 377-1690, or Maj. Stephanie Rowland, 168th Air Refueling Wing, at 377-8833.

SERVICES PROGRAMS

**Editor's Note:** For a list of other classes and programs, call 377-3268 or surf to [www.eielsonservices.com](http://www.eielsonservices.com). Please RSVP for classes. Outdoor recreation rents ski equipment, Ice fishing equipment and various other outdoor equipment. Call 377-1232.

Programs

**Texas Hold 'em tournaments:** 6-8 p.m. Tuesdays at the Yukon Club. Call 377-1075.

**Deployed bowling for family members:** 5-7 p.m. Fridays at Arctic Nite Lanes. Call 377-1129.

**Trap shoot:** 5-9 p.m. Tuesdays at the skeet and trap range. Instruction, ammunition and loaner guns are available. Call 377-5338.

**FitFactor weekly events:** 2:30 p.m. Fridays at the youth center.

**Thrifty Tuesdays:** 5-8 p.m. \$1 specials on bowling and food at Arctic Nite Lanes.

**Skeet league:** Log 50 targets per week. Any adult, active-duty member, family member, civilian or retiree may join the league. Call 377-5338.

**Chess club:** 5:30 p.m. Thursdays at the community center. Call 377-2642.

**Spades tournament:** 8 p.m. Fridays at the Yukon Club.

**Bowling instruction:** Available at Arctic Nite Lanes. Call 377-1129.

Eielson's Movie Reel

All movies show at 7 p.m. at the base theater unless otherwise noted.

**Tonight:** Hostel

Two adventurous American college buddies, Paxton and Josh, backpack through Europe eager to make quintessentially hazy travel memories with new friend Oli, an Iclander they've met along the way. Paxton and Josh are eventually lured by a fellow traveler to what's described as a nirvana for American backpackers—a particular hostel in an out-of-the-way Slovakian town stocked with Eastern European women. Rated R (torture, violence, sexual content, language, drug use) 95 min.

**Saturday:** The Last Holiday

(Queen Latifah, L.L. Cool J)

After being diagnosed with a fatal disease, a shy sales clerk goes on a European vacation to live out the rest of her life. With nothing to lose—or so she thinks—her behavior becomes more irreverent and outrageous each day, only to find out later she was misdiagnosed. Rated PG-13 (sexual references) 112 min

**Sunday:** Hostel

**Thursday:** The Last Holiday

Teen Break open

The Teen Break is open to 13- to 18-year-old members Friday and Saturday nights. An 80s Hair Band night is 7-11 p.m. today in the Teen Break. Techno night is set for 7 p.m., Saturday. Visit the youth center or call 377-3194.

Toy-making class

A parent-child toy making class is slated for Saturday at the wood hobby center. Cost is \$15 and includes materials. Call 377-1168.

Bench-press competition

The 2006 Bench-Press Competition takes place 10 a.m., Saturday at the fitness center. There are separate divisions for men and women. Participation is free. Sign up by Feb. 22 at the fitness center front counter. Come cheer on your favorite competitor. Call 377-1925.

Mardi Gras night

Fat Tuesday-Mardi Gras theme night is 5-8 p.m., Tuesday. Enjoy Gumbo, Jambalaya and more. Call 377-5219.



Today

❖ The Teen Break features Punk Rock from 7-11 p.m. today and Old School Rock from 7-11 p.m. Saturday. Youth center members age 13-18 may participate. Membership is required and registration is available through the youth center. Call 377-3194.

❖ A Mardi Gras family carnival is slated for 5-7 p.m. in the community center. Tickets are just \$5 for ten attractions or \$8 for 20. Attractions include the Airborne Express, bouncers, cupcake walk and the carnival midway room. Feast on cotton candy other snacks too. Call 377-2642.

Saturday

❖ Colorama – a just-for-fun adult bowling event – is set for 6 p.m. today. Cash strike pots worth \$292 the first game, \$115 the second and \$190 in the third game are “up for grabs.” A \$50 gift certificate for Geek City will be awarded. League affiliation not required to participate. Sign up through noon Thursday. Call 377-1129.

Sunday

❖ The on-base snow machine poker run is slated for 11 a.m. to 5 p.m. at Iceman Falls. Sign up at outdoor recreation's winter office

in the ski lodge. Call 377-1328.

Tuesday

❖ The Fat Tuesday-Mardi Gras theme night buffet features Gumbo, Jambalaya, Dirty Rice, Red Beans and Rice for \$12.95; club members pay \$10.95. Beads, Hurricanes and mysterious Swamp Things will be available in the lounge. Mardi Gras is open to all ranks 5-8 p.m. in the Yukon Club. Call 377-5219.

Wednesday

❖ A sewing class for home school students is 1-3:30 p.m. Wednesdays. Sign up in advance at arts and crafts. Call 377-4880.

COMMUNITY BRIEFS

MSS closure

The 354th Mission Support Squadron will be closed at 2 p.m. Tuesday due to an official function. For more information, call 377-3270.

Thrift Shop Sale

The Thrift Shop “Spring Cleaning” sale is from 6-9 p.m. Tuesday and 10 a.m. to 2 p.m. Thursday. All Thrift Shop merchandise, except current consigned items, is 50 percent off. The Thrift Shop is located in Bldg. 2354 on East Loop. Call 377-5274.

Scholarships available

The Eielson Officers' Spouses Club offers a limited number of competitive academic scholarships to high school seniors who are dependents of active duty or retired military members and spouses of active duty service members. Contact your school counselor or the base education center for an application. Applications must be postmarked by April 3 and turned in no later than April 7. Call 372-1295.

Snowmachine Rondy

The 2006 Annual Chena Lakes Snowmobile Rondy is noon to 5 p.m. March 4 at the Corps of Engineer Office, Chena Lakes.

Tobacco Cessation Class

A three-session Tobacco Cessation Class is

available Tuesday, March 7, 14 and 21 from 11 a.m. to noon. For more information, or to register, call the Health and Wellness Center at 377-6662.

Lost and Found

Individuals who have lost certain personal items may get lucky and reunite with their goods. The 354th Security Forces Squadron maintains a lost and found collection, containing items such as: 58 watches, two MP3 players, one CD player, one brown wallet, several necklaces and bracelets, one set of keys, three cell phones, one pocket knife and several personal driver's licenses. Call 354th SFS at 377-5276.

Bridge Club

The Farthest North Bridge Club in Fairbanks is looking for beginners and intermediate players to join their club. Visit <http://taigabridge.com/fnbc> or contact Sabrina Jones at 978-0414, or Larry Foster at 488-4455 for more information.

Student Jobs

The Commissary is recruiting students for cashier and store worker positions. Those hired will work Saturdays and Sundays, five hours per day. Applicants will be hired on a first come, first serve basis initially. Pay is \$7.67 per hour plus 25 percent tax-free cost-of-living-allowance (\$9.59) per hour. For more information, call the Melissa Krol at 377-2173.

Winter and spring runs

The Running Club North has two upcoming runs in February and March: The Jamestown 5K run begins at 11 a.m. Saturday off Ballaine Road.; and the 1 mile, 5K and 10K Fairbanks Snowshoe Classic begins at 11 a.m. March 4 at the UAF West Ridge Ski Hut.

Child care providers sought

New providers are needed for the family child care program which offers care for children ages two weeks to 14 years old. The program gives spouses the opportunity to start a business, set their hours and fees and care for their own children while providing care for other children. Call 377-3636.

Military spouse scholarship

The National Military Family Association is accepting applications for NMFA's Joanne Holbrook Patton Military Spouse Scholarships. Any military spouse studying toward professional certification or attending post-secondary or graduate school is encouraged to apply. Applications can be found at [www.nmfa.org/scholarships2006](http://www.nmfa.org/scholarships2006).

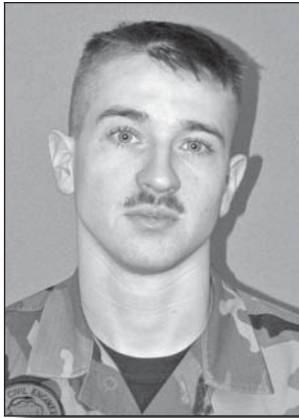
JROTC instructors needed

The Air Force Junior Reserve Officer Training Corps has more than 60 instructor positions available in more than 26 states for retired or soon-to-be retired officers and NCOs. For more information, call 866-235-7682, ext. 35275.



HALL OF FAME

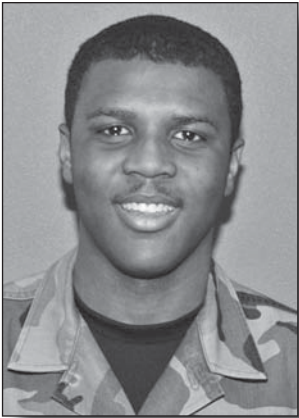
The Hall of Fame is a program for group commanders to recognize Airmen for excellent job performance.



Airman 1st Class  
Jason Phelps  
Utility Plant Operator  
354th CES  
Pelion, S.C.



Master Sgt.  
Jim Peavy  
Superintendent  
354th FW  
Fort Walton Beach, Fla.



Senior Airman  
Jeffrey Bell  
Chaplain's Assistant  
354th FW  
Dover, Del.

“While working the night shift alone at the water treatment plant, his sharp attention to detail noticed an increase in water consumption. His prompt action prevented the water from flooding the Utilidor system, reaching the steam lines and causing extensive damage to the base infrastructure systems.”

“His everyday responsibilities include managing two NCOs and ensuring the FW front office runs smoothly and efficiently. He also repairs/replaces/upgrades computers for the Wing Staff Agencies. Finally, he excels in performing all of the various ‘projects’ that ‘come along’ with his position. Sergeant Peavy is well deserving of this recognition.”

“He has worked extensively on the Chapel Café for both the New Year's Eve and Super Bowl parties reaching more than 200 Airmen. On two different occasions, he quickly called paramedics who provided immediate care to an expectant mother and injured toddler, precluding further serious medical attention.”

# Challenges facing military health system

The following is written by Marine Corps Brigadier General Elder Granger, Deputy Director:

We face a serious challenge to the future of our military health benefit. We have experienced significant increases in the cost of healthcare; they have doubled in just five years and our analysts project steep increases over the next 10 years, to \$64 billion in 2015, which represents 12 percent of the projected Defense budget in that year.

Our health benefit ranks among the very best in the nation. We have comprehensive coverage that we continue to enhance; our access is unparalleled with a national network of more than 220,000 physicians, all U.S. hospitals, and 55,000 retail pharmacies that supplement our own military medical facilities. We have exceptional quality of care and our providers focus on the safety of their patients while striving to earn their patients' satisfaction. Together, we must sustain this benefit.

As we have implemented the many enhancements to TRICARE, individual's cost shares have essentially remained the same since 1995. As a result, we pay a continually increasing percentage of our beneficiaries' health costs. In 1995, beneficiaries paid approximately 27 percent of their healthcare costs; today they pay only 12 percent.

These factors have led to civilian employers, and some state governments, to shift healthcare costs to DoD by encouraging their employees who are military retirees to use the very attractive TRICARE health benefit instead of their own health insurance options.

In addition to our benefit enhancements, increased use by more beneficiaries, and no cost share increases, we experience the same double-digit healthcare inflation as all health plans in the nation. We implemented a number of management initiatives designed to reduce the costs of delivery and to enhance performance within our health system, but these actions alone will not contain the escalating costs.

I assure you that the military and civilian leadership in this Department honor the great sacrifices that our Service members and their families make, especially in time of war. Their sacrifices remind us of the valuable contributions made by those who served in years past. We know that the health benefits enjoyed by all of our beneficiaries are richly deserved. We are committed to sustaining this world-class health system by placing it on a sound fiscal foundation for the long-term. We believe that the changes in beneficiary cost shares will make this great program available for generations to come.

For more information, call TRICARE at 377-5235.



# Eielson club skates in military tourney

by Tech. Sgt. William Farrow  
354th Fighter Wing Public Affairs

The Eielson Hockey Club played in an eight-team, two-division military hockey tournament Feb. 17-19 at the Subway Sports Centre in Anchorage. Teams included active-duty, retired and former military personnel. The NORAD/Canadian Forces team hosted the seventh annual tournament.

The tournament was broken into two tiers—a tier one division for higher-skilled players and a tier two division for those players with lesser experience. Six skaters from Eielson were placed on the tier two team that combined with players from Ft. Wainwright and Clear Air Force Station took second place. The combo team came in second losing 5-1 to NORAD/Canadian Forces in the close checking championship game of the lower division.

The top-tiered Icemen started the tournament by playing a well-seasoned Kulis ANG in the first game Friday. The Icemen were out-hustled in a 9-3 losing effort. In their next match-up, Eielson's skaters fell to Elmendorf Labatt 7-3 on Saturday. The Icemen picked up their only win in the tournament with a 10-7 whipping of the Elmendorf Eagles Saturday. However, it was the Eagles who took revenge by beating the Icemen 6-3 in Sunday's third place game.

"The thing that hurt us in the tournament was a lack of team-cohesion," explained Iceman player/coach Fred Schenck. "Our guys skate together twice a week, but we don't get the same guys out there all the time. It was very evident

that the other teams play together in the Anchorage adult league. We had to change line pairings during the tournament and we didn't 'gel' as a team should. We learned some valuable lessons and it was an awesome experience."

For most of the Eielson skaters it was their first time in a competitive tournament. While skating against teams whose rosters boasted former Division I college players didn't help Eielson's record in the tournament, it did allow the Iceman to see what areas they need to improve upon.

Icemen player Jason Watson said motivation to improve will only help the team in the long run.

"Obviously losing and not performing as you would like to is frustrating, but guys on the team learned much more about playing hockey at a competitive level than they would have if they played in the lower division," Watson said.

Icemen defenseman Marcus Aparicio agreed saying he expects a better performance next year. "We'll work harder and come back stronger next year," he said.

Schenck said the club is entertaining the idea of bringing the tournament back to the Interior. "We've always had great success with the Commanders' Cup (the annual match-up between Eielson and Fort Wainwright) and we think we could really hold a great tournament, so it's quite possible we could play it up here next year."

The team skates Wednesdays at 9:15 p.m. and Sundays at 4:15 p.m. The club is open to any DoD ID card holder age 16 years or older. For information, call 377-6517.



More than 20 members of Eielson's Hockey Club made the trek to Anchorage to compete in the Seventh Annual Military Hockey Tournament Feb. 17-19. Although the Icemen didn't bring home any trophies, the players enjoyed competing against other teams. (Above) Iceman Tomas Blum pushes away an opponent while keeping possession of the puck. (Far left) Icemen forward John Richart slips around the defense for a breakaway shot on goal. (Left) Steve Silveous reflects on tournament play while taking a breather between periods.

Photos courtesy 3rd Wing Public Affairs